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HALFWAY THERE

After remaining unchanged for generations, the 24-storey Chateau Lacombe, built in 1966 and once an example of the city's modernism, is getting a contemporary update. KEVIN TUONG/FOR METRO

Casino deal no jackpot for city

REAL ESTATE

Land being sold back to developers at 2011 prices

Ryan Tumilty
Metro | Edmonton

Appreciating land values in the arena district won't be realized by city taxpayers despite a sale of land to the Katz Group, thanks to a clause in the original deal.

Last month, Gateway Casinos and the Katz Group announced they will build a new casino and office building on a portion of the arena project site.

The city owns the land the casino will sit on, but is selling the property back to the Katz Group for the new project at 2011 prices rather than market prices.

In 2011, the city purchased all of the land between 101 Street and 104 Street north of 104th Avenue from the arena project's backers for $40 million. As part of the deal, any surplus land is being sold back to the Katz Group at that original purchase price, not at today's market price.

In an email, Ronna Bremer, the city's director of communications, said the city always planned to sell the property back.

"The city bought the property knowing that in the end, (it) would retain only that portion of the property that was needed for the arena," she said in an email.

Bremer said the city is a partner in the project and keeping the purchase price at 2011 rates made sense.

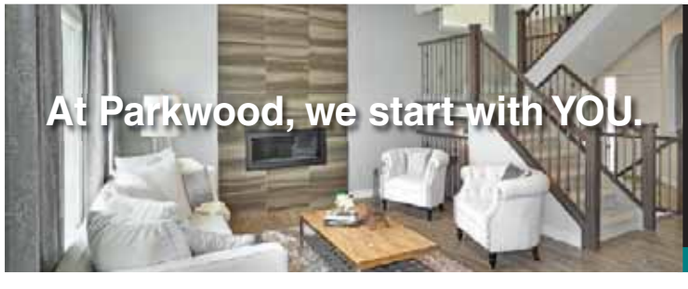
"In partial consideration of the Katz Group agreeing to assign the land sale agreement to the City, which enabled the City to secure the property at an attractive market value, the city agreed to sell back to the Katz Group any surplus portions of the property at the original purchase price paid by the City, in addition to carrying costs."

The new casino will be built near the existing Baccarat Casino. CONTRIBUTED

Coun. Mike Nickel is concerned the city won't cash in on the rising cost of land.

"It doesn't look like the best decision from a business perspective," he said, adding it will send the wrong message to the public.

"People are going to say this looks like another sweetheart deal."



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Obama thrills single mom in Florida with surprise Mother's Day call.

LEDUC-BEAUMONT

Tweets dub MLA 'minister of beards'

Shaye Anderson is the new NDP MLA for Leduc-Beaumont, but few know him for that. Instead, most know Anderson for the Twitter meme that started last Tuesday night, as his mug shot appeared in election results and a swath of people watching Alberta's orange revolution saw that a soon-to-be MLA had one incredible beard.

Many tweeted that Anderson, 40, should become the 'minister of beards.'

While premier-elect Rachel Notley has not formed her cabinet, it's beyond the pale that she'll create an entire ministry for beards.

Anderson, on the other hand, has devoted the past week to media attention for his facial hair, which has a sort of bell shape and substantial weight.

On Wednesday, national CBC radio-show As It Happens called Anderson to chat. "They just basically asked me why I ran, why I was excited, those basic things, then said something about people asking about me and to describe what you look like," Anderson said on Sunday. "I just said, 'I think you're talking about my beard, which has been all over Twitter.'"

Anderson, 40 and the father of two boys, said he has had a beard "all my life" and the only thing that's changed is "that it's a little bigger now."

"Over the last few years, I just wanted to kind of let it go a bit. I was fascinated to see how big I could get it. I've trimmed it up. It could be a lot bigger than it is. I brush it and oil it all the time."

But why the beard?

"I'm not a hipster, I'm not religious, I just always have had some sort of beard," Anderson, who will take a leave of absence from his job as a Telus technician, said. "I don't like being clean shaven, especially in the winter. I just grew it because I could. Not many people can grow it. I guess it sets me apart a little bit."

Interestingly, a few older women were not supportive of Anderson's beard when he was door-knocking. "It's not their thing, but they realized I'm a nice guy, I'm honest and straightforward, and I just have a beard. I also had a lot of younger people who were excited about it."

TIM QUERENGESSER/METRO

Shaye Anderson says he's "always" had a beard. CONTRIBUTED

Daughter helps start caregiver community

MOTHER'S DAY

Group helps members cope with caring for ailing family

Leah Holoiday
Metro | Edmonton

Like most moms, Lois Conger knows taking care of a family is a full-time gig.

But when it came to caring for her ailing mother, who suffered from dementia, Conger said the job required a 24-hour-a-day, seven-days-a-week type of care.

To cope, Conger said building a community — a group of other caregivers — made all the difference. After her mother's death, this group still meets regularly through the Alberta Caregivers Association and offers members a chance to meet and share their stories.

"Man, it was just the best," Conger said of the group. "It wasn't just people (caring for those) with Alzheimer's or dementia. It was for people who had husbands or wives with tumors, cancer and so forth. There are different kinds of caregivers."

Indeed, the group Conger helped create is still helping those helping their ailing mothers.

"It turned out to be such a blessing and you're learning all the time."

Her mother Leona — who passed away in March at the age of 92 — had suffered from dementia, which had been difficult to watch, said Conger.

"You have a lot of stress because she was regressing back into childhood. When she moved (in), she was like 12 years old mentally and slowly, slowly getting younger and younger," she said.

Having to retrain her mother in simple tasks like brushing her teeth was challenging, Conger said, but an everyday reality.

As the fourth child of 10 children, Conger said she spent her early years helping to care for her three brothers who suffered from hemophilia.

"I've done it all my life, but I didn't realize that's what I wanted to do."

Speaking with Metro on Sunday just in time for Mother's Day, Conger said she hopes to one day become the woman her mother had been.

"We had lots of good times, laughed everyday. She was just someone I'll emulate all my life. She was such a good person."

Lois Conger (right) is seen with her mother Leona. Conger cared for her mother after she was diagnosed with dementia until her death in March. CONTRIBUTED

> **"I've done it all my life, but I didn't realize that's what I wanted to do.**
> Lois Conger

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Cat rescued after coyote trap injury

MACEWAN

Local resident manages to nab 'Rocky,' taking him to a vet

Leah Holoiday
Metro | Edmonton

Rocky had half of his paw crushed by what appeared to be a coyote trap. CONTRIBUTED

After locating a stray cat that had half of its paw crushed in what appeared to be a coyote trap last month, Andrea Kooy is breathing relief.

The animal — named Rocky by the group who attempted to rescue him — was finally recovered Thursday night in MacEwan and taken to the vet for treatment.

After first spotting the animal in April, Kooy humanely trapped Rocky using a "live trap."

She said it made her feel much better to know the animal is being cared for now.

"I'm relieved that he's not outside, that the trap's not on him and that he's getting some pain management for his injuries," she said.

Kooy saw Rocky nearly three weeks ago, limping on her back porch with a metal trap attached to his foot. After her efforts to help the cat when she first spotted him, Kooy had been leaving food out and monitoring the area near her home up until Thursday in hopes of getting Rocky to a vet.

"I'm relieved that this won't happen again," she said Sunday.

It's still unclear who set the trap and why, Kooy added.

Rocky is currently in a foster home having his injuries monitored. Along with losing two toes, the cat had some of his paw crushed.

Kooy said the mystery of the trap is still unsolved, but the community is keeping an eye out for any other potential victims.

BIKE LANES

Student says city needs winter riders' knowledge

Winter cyclists know the best ways to get around the city, says one U of A student. METRO FILE

Winter cyclists know how and where to ride in Edmonton during the winter months, which is why one University of Alberta undergraduate student is calling on the city to tap into that bike resource rather than ignore it.

After speaking to 33 cyclists about winter cycling for an urban planning class, Dianne Gillespie found that the majority of cyclists were dedicated to their commute and everything that's involved.

"The knowledge and expertise of winter cyclists is considerable. They know which streets are plowed, level of traffic on the streets, multi-use trails and where," she said.

It's that knowledge Gillespie is suggesting the city capitalizes on, since many cyclists told her as part of the study that there's "a big gap in the literature in terms of winter cycling route choices."

Tapping into the local resource is something the city is trying to increase, as seen during the most recent bike consultations for both the 83 and 102 Ave. bike lanes, which were held back in April. "We really rely on local knowledge when we do our local design," said Catherine Kloczkowski, communications advisor with the transportation department.

Kloczkowski added that the recent bike discussions saw cyclists raise points about "trouble spots" and opportunities for developing bike lanes based on their local knowledge.

STEPHANIE DUBOIS/METRO

SACRED HEART CATHOLIC CHURCH

Church rallies around its father as Oblates want him replaced

On Sunday, a disagreement unfolded during mass at Sacred Heart Catholic Church in downtown Edmonton that, the priest says, could end up being settled only by the Vatican in Rome.

The tiff is between the parish, an estimated 600 families — the majority of whom are indigenous — and the Missionary Oblates of Mary Immaculate in Canada, which acts as the Catholic church's immediate authority in Alberta. In the middle is 72-year-old Father John Holland.

The parish — and Holland himself — want Holland to remain; the Oblates, however, want him to go.

The showdown at the church on Sunday saw the parish literally stand behind Holland as an Oblates representative addressed them, telling them Holland was going to be replaced.

"There were elders and native people in the community, non-native too, standing behind (Father Holland), all explaining their concerns," said Wayne Ashley, a First Nations member of the church.

The Oblates representative, who could not be reached by press time, "Just turned a blind eye," Ashley said.

"He wouldn't answer any questions. He just said the decision's been made and we would have to live with it."

It isn't clear why the Oblates want to change Holland, who's headed the church since 1995, and send him to another church, which Holland said is in British Columbia. The organization does not have a number with which to reach it.

"They're just trying to get me away from Edmonton," Holland said of the Oblates' decision, alleging the Oblates want to take the church over. "I probably have more clout and connections than they do. People would always be referring to me."

Ashley said Holland has incorporated Indigenous culture into his mass and that makes him and many others feel at home and included in the Catholic Church — a large cultural shift, after the damaging legacy of residential schools.

Holland has incorporated using the four directions, burning sweet grass and playing animal-skin drums, Ashley said.

Ashley said the parish will now organize a sit-in and other tactics to push the decision higher up the Catholic Church hierarchy.

"I do believe there's a group in the community that will be taking this as far as the Vatican," added Holland. "They'll plea their case. It's not going to stop here."

TIM QUERENGESSER/METRO

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Reality of being premier hit Notley the week before vote

ELECTION

Leader realized she could win election upon seeing poll

Rachel Notley knew a week before voting day that she was going to shatter the Progressive Conservative dynasty and become Alberta's 17th premier — and it hit her like a punch in the stomach.

She was in a hotel room that night on the campaign trail in Calgary or Lethbridge — she doesn't remember where — when she saw a new poll that put her NDP team well out in front.

It wasn't one of those angry-person punch-button polls, but one that was expansive and credible.

Her advisers had handed it to her hours earlier, but only then did she have time to analyze it.

And there it was, shining through lines of impersonal data.

She was going to win.

"I suddenly realize that this could happen," said Notley in an interview with The Canadian Press.

"My stomach gets very sore and suddenly I go, 'Oh my Lord. We have so much to do.'"

She remembers pacing in the empty suite. What to do? What to do? She dialled up her husband, Lou, and started talking.

The plan had been to run 18 hours a day in the last week of the campaign, then collapse in exhaustion on polling day.

At this rate, Notley feared, the day after the vote Canada would wake up to a frazzled hollow-eyed husk of a new Alberta leader nodding off at the podium.

Alberta Premier-designate Rachel Notley addresses the media in front of her caucus at Government House in Edmonton, Alta., on Saturday, May 9, 2015. JASON FRANSON/THE CANADIAN PRESS

"You've got to talk to your people," she remembers Lou telling her.

Notley phoned up her campaign director Gerry Scott and told him, "We need to pull out of a bunch of different events and start planning transition."

It was an election campaign that saw Notley, 51, lead the NDP to a 53-seat majority after the party had only nibbled at the fringes of power for almost its entire history.

The NDP had polled strongly from the beginning, running a family-focused campaign of hiking taxes on the corporations and the wealthy while reinvesting in education and health care.

Premier Jim Prentice and the PCs ran on his budget of across-the-board tax hikes and user fees except on corporations and oil companies. There were cuts to health-care and no money for thousands of young students.

Political analysts said the mid-campaign leaders debate galvanized and crystallized support for Notley. She bested Prentice with one-liners, hammering home key points while rebuffing his attempts to foster fear of the NDP as architects of an economic apocalypse.

"From the time I declared I was running to be the leader of the party ... I was nervous about that night. That was the single biggest thing I was nervous about," she said of the debate.

In the hours before the debate, she drank tea in a friend's garden to help calm her nerves, but at the studio her stomach was still a stiff knot.

In the days prior, Prentice had focused on trying to blow holes in the opposition Wildrose budget plan. So Notley's team realized if they were going to score points, Notley was going to have to fight to be heard.

In the debate run-throughs, key adviser Brian Topp subbed in for Prentice. And as Prentice, he literally turned his back to Notley for long stretches as they rehearsed ways for her to break through.

But on debate night, as the cameras zoomed in, Prentice literally turned his back on Wildrose Leader Brian Jean and attacked Notley instead.

"I'm thinking: 'Way to go, Topp. No one planned for this eventuality? Nice,"' Notley laughed.

On election night, Notley, her family, and her advisers were in an Edmonton hotel room while supporters, clad in orange, assembled in the party room below.

Notley practised going through the last few paragraphs of her victory speech, recognizing the contributions of her now-departed parents. Her father Grant Notley was a one-man Alberta NDP team in the 1970s, keeping the movement alive only to die in a plane crash before the party broke through with 16 seats and official opposition status in 1986.

"We decided to move (the parents' tribute) to the very end, so if I did choke up, (the speech) was over," she said.

Her new security team had called ahead and when she opened the hotel room door there they were, two sentries in suits and ties, symbols of the new life awaiting just across the threshold. Rachel Notley stepped through and they all headed down to the victory party below. THE CANADIAN PRESS

POLITICS

Former new kid offers advice to NDP rookie

The man who was the youngest member of Peter Lougheed's first cabinet when the Progressive Conservatives came to power in Alberta has some advice for the NDP's rookie members of the legislature: Work hard at learning your job. Trust the public service. Be ethically clean.

And don't forget to breathe.

"I felt numb. I could hardly breathe," Allan Warrack remembers about walking into the legislature in 1971 for the first time.

The Tories had just pushed the Social Credit out the door after 36 years in power.

Warrack, 77, a retired University of Alberta professor emeritus, says he feels empathy for the political neophytes who will make that same walk through the legislature's wooden double doors after the NDP's majority election win last week that ended the PC dynasty.

He's already had lunch with Thomas Dang, who, at 20, will be the youngest member of the NDP caucus.

Warrack says he wanted to share with the computer science student what it was like when Warrack was the new kid on the block — a 34-year-old academic who grew up on a farm.

"I said to him, 'You're young. People will expect you to be a smart-alec, so don't. Be unfailingly polite to anyone, anywhere, so they can trust you, and say things to you, and help you in ways that they won't, if they don't trust you.'"

He also told Dang to meet lots of people, and listen carefully to other points of view with an open mind. Above all, he told him, let absolutely nothing get in the way of your integrity.

Warrack said he believes new NDP members will do fine if premier-designate Rachel Notley sets out clear, firm rules of conduct and her caucus follows them.

THE CANADIAN PRESS

NDP Leader Rachel Notley arrives at an NDP campaign event in Edmonton on May 5. She ultimately won a majority government. NATHAN DENETTE/THE CANADIAN PRESS

STUDY

Let's talk about sex, baby

Leah Holoiday
Metro | Edmonton

Edmonton advocates say they aren't surprised to learn a national study has found nearly two-thirds of Canadians don't fully understand what consent means.

Released by the Canadian Women's Foundation, the survey polled 1,500 randomly selected adults across the country and asked them what constitutes consent.

While 96 per cent of the respondents agreed sexual activity between two people should be consensual, the study found 67 per cent of people answered that consent needed to be positive or ongoing, but not both.

Julia Dolman of Consent Ed — a city movement aimed at educating students about consent — said it's not shocking to hear that most Canadians don't fully grasp the concept.

"That's about what we expected," she said of the results. "The reason we're doing the work we're doing is that it's very clear to us that a lot of people are very confused about what consent actually is."

According to Canadian law, consent requires a positive and ongoing agreement to engage in sexual activity.

Dolman said that just because two-thirds of Canadians don't understand consent, it doesn't mean they are perpetrators. Instead, there is widespread confusion on what sexual assault looks like.

"A lot of it has to do with the fact people are really wary of digging into people's personal sex lives," she explained.

"They're not asking the questions about healthy sex to their peers because it seems like a private matter or something that's none of their business. A lot of important conversations are being missed right now."

Anuradha Dugal, of the Canadian Women's Foundation, said that while there's been important work in raising awareness about sexual assault, the study's results show an obvious shortcoming.

"This gap can increase the risk of unwanted sexual activity and assault and is a clear sign that Canadians desperately need more education on the meaning of consent," she said.

The study also found that 10 per cent of respondents believed consent was not required between long-term partners.

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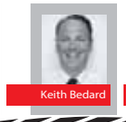
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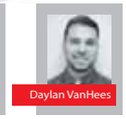
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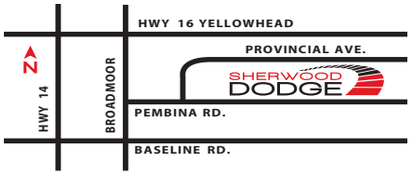

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Khadr's humanity must inspire ours

SOCIAL DISCOURSE

Omar Mouallem

Omar Khadr, as depicted by court artists in 2010 and 2015, from left, and as photographed last week in Edmonton. THE CANADIAN PRESS

This is the monster our government worked so hard to protect us from?

Affable, polite, gracious, Omar Khadr's first public appearance defied the expectations of the many Canadians that viewed him as a security threat and thought he never should have been returned from Gitmo to Canada, let alone released from jail, according to a 2012 poll.

And that's everything our government was afraid of.

Canada resisted repatriating him. It blocked all media interviews. It challenged his bail until the last moment Thursday when he was set free. It did everything to prevent Khadr from showing his humanity and to prevent us from seeing it.

It did this because it would undermine the narrative that it's invested 14 years, two wars and lots of legislation in. A narrative that began with Jean Chretien's cabinet and was perfected by Stephen Harper's. A narrative that would have you believe that Islamic terrorism is an irreversible evil leaving a permanent mark on the believer's brain.

Lucky for us, no psychological conditioning is irreparable. Because just as Khadr was brainwashed by a radical father and a group in Afghanistan, Canadians were brainwashed by politicians with extreme views.

Such opinions wouldn't let us entertain the notion that he was a child soldier: "Omar (is) a known supporter of the al-Qaida terrorist network and a convicted terrorist," former public safety minister Vic Toews said in 2012.

Or believe the court that convicted him was even remotely flawed: "Mr. Khadr, as we all know, pled guilty to very grave crimes, including murder," said Harper on Friday.

Spoken after Khadr's heartfelt plea to the Canadian people, to "see who I am as a person, not as a name," it comes across as cool and out of touch with the emotions so many Canadians experienced seeing Khadr smiling in the open air. It even seemed out of touch with Justice Minister Peter MacKay's slight optimism as he praised Khadr for renouncing Islamic terrorism.

But MacKay also reminded us of Khadr's "proven tendencies" to kill, continuing the 13-year vilification of a now free man trying to rebuild his life. "What I hope will happen," said MacKay, "is that Mr. Khadr will abide by Canadian laws, respect people's safety, and he is now in a position where he is going to be given that opportunity to prove that."

But given the relentless conditioning of Canadians to believe Khadr is a monster (see: The fuming hatred filling the comments section of any online story uttering his name) one could just as easily reverse MacKay's words about the perpetrator and make an equally valid statement.

So let me: What we should hope will happen is that the Canadian public — especially we Edmontonians now living side by side with the country's most polarizing figure — will abide by the law and respect Mr. Khadr's safety.

We've now been given the opportunity to prove that.

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Border agency sees sharp rise in currency seizures

CRIME

Number of confiscations increased 28% in 2014 alone

The number of people stopped by border officials and found with undeclared cash at border entries is on the rise as Ottawa steps up efforts to crack down on money laundering by criminal and terrorist groups.

Last year alone, Canada Border Services Agency (CBSA) reported 1,429 seizures and confiscated $24.5 million, amounting to a 28 per cent increase from 2013 when $19 million was seized in 1,117 incidents. In addition to the undeclared cash seized, CBSA also took possession of $3.7 million in suspected proceeds of crime last year, twice the amount from the year before.

The money, if the seizure is not appealed by the owner, is forfeited to the Crown as government revenue. According to data obtained by Torstar News Service, Ontario, especially Greater Toronto, is the epicentre of these activities, with travellers in and out of the province accounting for $8.7 million and $9.6 million of the seized currencies in 2013 and 2014 respectively.

Meanwhile, Ontario also got a lion's share of the suspected proceeds of crime confiscated, $848,979 and $2.4 million in the two years.

"Money laundering and terrorist financing are international problems. Money laundering in Canada alone is estimated to be in the billions of dollars," said CBSA spokeswoman Wendy Atkin. "While currency seizure statistics vary from year to year, the CBSA can tell you that its officers are committed to enforcing Canadian legislation … as it applies to the border."

While observers believe China's crackdown on corruption in recent years may have contributed to the inflow of so-called "dirty money" into Canada, ignorance and misconception among Canadians also plays a role in people not declaring the amount of cash they carry through the border.

With tightened financial regulations in reporting irregularities, Simon Fraser University criminology professor Robert Gordon said some people may take a chance and carry the cash on them when they travel. In Vancouver, it's been reported that some property buyers actually paid for their homes in cash.

Under the Proceeds of Crime (Money Laundering) and Terrorist Financing Act, said CBSA, there are no restrictions on the amount of currency a person can bring into or take out of Canada. However, any amount valued at $10,000 or more must be declared at customs.

Atkin said there are four levels of seizure, leading to a fine ranging from $250 to $5,000. However, in cases involving suspected proceeds of crime, no money will be released.

Tax litigator Daniel Kiselbach has seen a 20 per cent increase in inquiries from Canadians desperate to get their seized money back from the government.

Although CBSA has an internal appeal process, he said the "redress officers" must be satisfied with the proof of the source of the money.

According to CBSA, $6.7 million in undeclared money and $834,144 in proceeds of crime was seized across Canadian borders from Jan. 1 to April 15 this year, including $2.9 million in unreported cash and $127,960 in dirty money confiscated in Ontario. TORSTAR NEWS SERVICE

Last October, Canadian border officials found duct taped packages of more than $1.3 million of undeclared currency in a truck at the Queenston-Lewiston bridge in Southern Ontario. The cash was seized as suspected proceeds of crime. TORSTAR NEWS SERVICE

DETAILS

Four levels of currency seizure

1: The currency is returned after a $250 penalty when the money has not been concealed and the individual makes a full disclosure of the facts following its discovery.

2: The currency is returned following payment of a $2,500 penalty when the money is concealed in a method other than a false compartment or if the individual has already had a previous currency seizure against them.

3: Currency is returned upon payment of a $5,000 penalty when the currency is concealed in a false compartment or if the individual is a repeat offender.

4: There are no terms of release if officers believe that the currency is the proceeds of crime.

CANADA BORDER SERVICES AGENCY

"Some people from certain ethnic origin do not declare their money in possession simply because the banking system is not to be trusted and they are more comfortable working with paper money.

Robert Gordon, criminology professor at Simon Fraser University

LEGISLATION

Tories to relax gun laws

New Conservative legislation that changes the gun licensing system cleared a House of Commons committee last week and is on track to become law before the summer recess — and a likely fall election.

Bill C-42, dubbed the Common Sense Firearms Licensing Act, has drawn criticism even within the sport-shooting community but nonetheless remains grist for Conservative get-out-the-vote efforts, especially in rural Canada.

Introduced last Oct. 7, it was set to be debated in the Commons the day after a lone gunman shot dead a ceremonial guard at the National War Memorial and then stormed Parliament Hill, where he died in a hail of bullets. Needless to say, it was not an opportune time for a government bill that relaxes some gun licensing measures.

The legislation was quietly resurrected late last month and rushed through committee, from which it emerged with only a single, minor housekeeping amendment on Wednesday.

The bill removes some of the paperwork and penalties for gun licensing and transportation, provides a six-month grace period for lapsed licenses, gives cabinet decision-making power over how guns are classified, makes mandatory gun prohibitions for violent offenders and domestic assaults, and makes it compulsory to pass a firearms course in order to be licensed. THE CANADIAN PRESS

BILL C-42

The Conservative House leader's office says it expects the bill to become law before the summer recess. An anticipated Oct. 19 election means any bills not passed in the spring will die on the order paper.

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AMVIC Alberta Motor Vehicle Industry Council

Clam gardens bust old myths

HISTORY

B.C. discovery reveals truths about First Nations society

The discovery of an expansive system of historic clam gardens along the Pacific Northwest coast is contributing to a growing body of work that's busting long-held beliefs about First Nations as heedless hunter-gatherers.

A team of researchers at Simon Fraser University has revealed that First Nations from Alaska to Washington state were marine farmers using sophisticated cultivation techniques to intensify clam production.

In an article published recently in the journal American Antiquity, lead author Dana Lepofsky argued that the findings counter the perception of First Nations living passively as foragers in wild, untended environments.

"Once you start calling someone a hunter-gatherer there's something implied ... about not really being connected to the land or sea and not needing much from it," she said.

"Even if they aren't formal agricultural plots in the way that Europeans recognized, they were still cultivating the landscape."

Lepofsky said the "pervasive" idea that First Nations were hunter-gatherers made it easier for colonists to justify taking over the land because the resource management differed from traditional European methods.

Researchers have concluded the clam gardens dated back more than 1,000 years, and Lepofsky said she strongly believes some were more than 3,000 years old.

She said First Nations applied sophisticated management techniques to mimic ideal clam-growing conditions, including using stone terraces and sediments at appropriate elevations in the tidal column.

Sustainable practices, such as periodically turning over the soils and harvesting selectively, would have emerged to sustain the enormous populations of First Nations believed to have inhabited the coast, Lepofsky said.

She estimated that number to be in the hundreds of thousands.

Much of the scientific evidence for such practices confirmed knowledge already contained in First Nations songs and stories, said Kim Recalma-Clutesi, of the Qualicum First Nation on eastern Vancouver Island.

"It's astounding that it's taken a whole team of scientists and more than 150 years to figure this out, that our people weren't standing there with a frying pan in their hand waiting for a sockeye to jump in," she said.

Besides culturally modified beaches dotting the coastline, Recalma-Clutesi referenced complex estuary root gardens and the transplanting, fertilizing and pruning of berry bushes as other historic examples of resource management used by indigenous peoples in the region.

She also noted that colonizing governments concluded First Nations did not need a land base because of their supposed hunter-gatherer status.

As for the clam gardens, Oregon-based researcher Doug Deur said the First Nations marine practice was either ignored, misinterpreted or sometimes even systematically excluded, particularly when there were competing land claims in an area.

"The clam gardens are one of many examples of traditional land management ... that slipped through the cracks," Deur said.

Still, he warned of using a purely western perspective to interpret the practice.

"Even while we're celebrating these technologies as interesting, potent, sophisticated, we still don't want to totally look at them through this western lens," he said, adding that's what "got us in trouble" in the past.

"That just sort of reduces them to another form of economic output."

University of Victoria-based ethno-ecologist Nancy Turner suggested the idea of First Nations as foragers has endured for so long because of what she called the pristine wilderness myth.

"A lot of people, even conservationists, we have a nostalgic view ... of an area where nature was thriving without the influence of humans," she said. "So that does persist in society today in general of the noble, First Nations savage, living with nature without changing nature."

THE CANADIAN PRESS

Once you start calling someone a hunter-gatherer there's something implied ... about not really being connected to the land or sea and not needing much from it.

Dana Lepofsky, archaeologist, Simon Fraser University

SFU archeologist Dana Lepofsky participates in the ecological survey of clams in the clam garden. HANDOUT

It's astounding that it's taken a whole team of scientists more than 150 years to figure this out, that our people weren't standing there with a frying pan waiting for a sockeye to jump in.

Kim Recalma-Clutesi, of B.C.'s Qualicum First Nation

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Britain's Labour Party Leader Ed Miliband delivers his resignation at a press conference in Westminster, London, on Friday. TIM IRELAND/THE ASSOCIATED PRESS

More moderate Miliband missed

U.K. ELECTIONS

Labour head's brother hewed to Tony Blair's centrism

They were two very talented brothers with so much potential. The older one was poised to become the leader of Britain's Labour Party, with a chance to become prime minister, while the younger was expected to rise with his brother to the highest ranks of the country's political arena.

But things didn't go that way for David and Ed Miliband. Ed didn't want to take a back seat to his more polished and articulate older brother and shocked Britain's establishment in 2010 by challenging David for the Labour leadership role and triumphing.

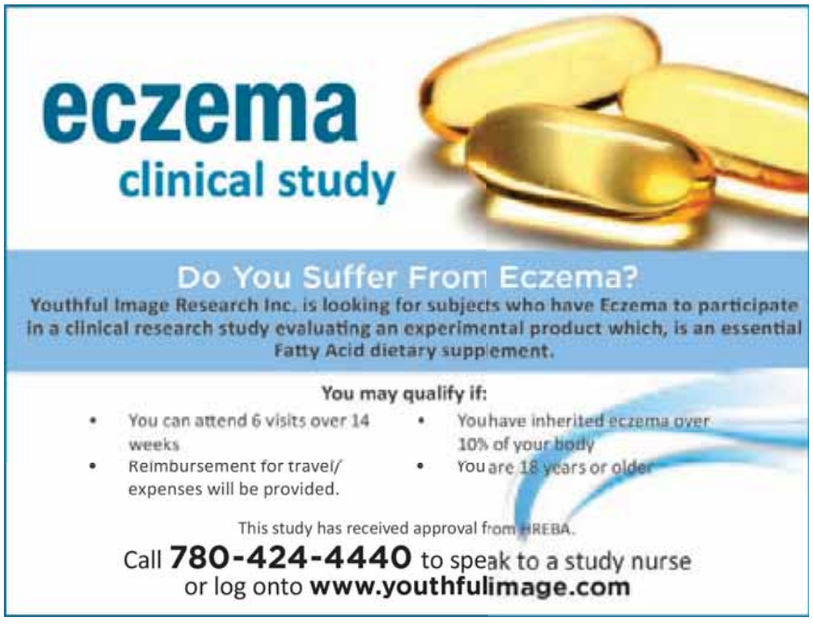
The Downing Street dreams of 45-year-old Ed have been dashed by his party's dismal failure in Thursday's election, which saw Prime Minister David Cameron's Conservatives score a convincing victory over a weakened Labour Party.

John Rentoul, a columnist at the Independent and author of a biography about former Labour Prime Minister Tony Blair, believes the leadership contest has split the brothers — perhaps forever.

Yet the last few days have seen rumblings that David might return to Britain to jump-start his political career and try once more to become Labour party leader after Ed resigned the post Friday.

Rentoul says he believes David would probably have had the political skills to win Thursday's election, in part by following Blair's "New Labour" strategy of positioning the party at the country's political centre.

THE ASSOCIATED PRESS



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'Boko Haram wives' stigmatized

NIGERIA

Girls recently freed may soon face ridicule and suspicion

The taunts wouldn't stop. "Boko Haram wives," the schoolgirls were called because they had been briefly held by Nigeria's Islamic extremists before escaping. The teasing was so relentless that some of the Chibok girls left their town and families.

Their plight does not bode well for hundreds of girls and women recently rescued from the clutches of Boko Haram after months of captivity. Many of them are now pregnant.

After enduring captivity by the militants, the women may now face stigma from their communities.

"The most important thing is to restore their dignity," the executive director of the United Nations Population Fund, Babatunde Osotimehin, told The Associated Press in a telephone interview from his office in New York.

That will be a challenge, going by comments made last week by Gov. Kashim Shettima of Borno, the home state of Boko Haram and the one most affected by the nearly six-year-old Islamic uprising that has killed more than 12,000 people and forced more than 1.5 million from their homes.

"I am seriously worried with the fact that most women tend to hate and abandon children they deliver from rape. Now, the problem is that these children could go to the streets unattended to. They then lack access to food, health care and education.

"The result is that they could indeed inherit their fathers' (ideology) somehow," Shettima told government officials, according to the Nigerian press. THE ASSOCIATED PRESS

> **"... Boko Haram is so despised that anyone identified with the group shares some of that label, the slur.**
> Human Rights Watch researcher Mausi Segun

In this photo taken in July 2014, schoolgirls who escaped abduction from the Chibok government secondary school arrive for a meeting with Nigerian President Goodluck Jonathan in Abuja, Nigeria. THE ASSOCIATED PRESS FILE

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YEMEN

Rebels accept five-day ceasefire, promise retaliation if broken

Men loyal to former Yemeni President Ali Abdullah Saleh stand guard at Saleh's house destroyed by a Saudi-led air strike in Sanaa, Yemen, Sunday. HANI MOHAMMED/THE ASSOCIATED PRESS

Yemen's Shiite rebels and their allies in the country's splintered armed forces said Sunday they would accept a five-day humanitarian ceasefire to allow aid to reach civilians after more than a month of air strikes from a Saudi-led military coalition.

The ceasefire, scheduled to begin Tuesday, would help ease the suffering of civilians in the Arab world's poorest country who increasingly lack food, fuel and medicine since the bombing campaign began March 26.

However, all sides in the conflict have warned they will retaliate if the ceasefire is broken.

> **1,400**
> **The raging conflict in Yemen has killed over 1,400 people — many of them civilians — since March 19, according to the United Nations.**

On Sunday, state news agency SABA, which is under the control of the Shiite rebels known as Houthis, quoted Col. Sharaf Ghalib Luqman saying rebels in the armed forces agreed with the ceasefire. The Houthis earlier issued their own statement saying they will co-operate with the ceasefire and urging a return to dialogue.

Meanwhile, Saudi-led strikes have continued, with a residence of former president Ali Abdullah Saleh targeted Sunday in the capital. Saleh appeared on television afterward standing in front of the ruins. He urged Yemenis to remain steadfast in the face of Saudi aggression and to beware of spies among them. He also urged a return to dialogue. Saleh and his loyalists are allied with the Houthis, who are also backed by Iran.

The raging conflict in Yemen has killed over 1,400 people — many of them civilians — since March 19, according to the United Nations.

The Houthis also said in a statement that the coalition naval blockade prevented merchant ships carrying food from docking in the port of Hodeida.

Medical officials said some 70 wounded were evacuated from Aden onto a ship where they will be treated, with some severe cases being brought to Saudi Arabia. They spoke on condition of anonymity because they weren't authorized to brief journalists. THE ASSOCIATED PRESS

A voice for a voiceless people

FRANCE

Radio station is a forum for Muslim community

It's called "Beur FM" — after a slang term for Arab people — and has become the voice of France's Islamic community in the wake of the Charlie Hebdo attacks.

On air since 1992, the radio station features talk, music and news, normally catering to Muslims. It has achieved widespread prominence only in recent months as the French turn to it for insights into the community.

The station hasn't clocked a sharp rise in listeners and the current audience stands at about 400,000 a day, but it has seen a marked rise in social media attention following the attacks, according to marketing director Nabil Bougouss.

The staff of Beur FM don't pretend to have the answers, but say they are at least allowing people to ask questions and speak freely on their chat shows.

4.7M

Approximately 4.7 million Muslims live in France, comprising almost 7.5 per cent of the country's population.
PEW RESEARCH

Muslim callers often grapple with thorny questions of identity, seeking ways to challenge Charlie Hebdo's mockery of Islam without being seen as a fanatic.

"People still call us and say 'I am not Charlie ... As a Muslim it grated on me, even if I am absolutely not a fundamentalist. Can I discuss it with you without being accused of fundamentalism?"' said comedian Yassine Belattar, a Beur FM talk show host.

Dj Sem, left, answers radio host Tarik at Beur FM radio in Paris. Since the Charlie Hebdo attacks in January, Beur FM has become a staple for listeners of all walks of life who are hungry for answers about the violence, and how to reconcile alienated immigrants with mainstream society. CHRISTOPHE ENA/THE ASSOCIATED PRESS

The Beur FM program Islam Now offers a Muslim take on an ever-changing variety of often controversial topics. When it started, imam Abdelali Mamoun's show was only broadcast during the Ramadan holy month. It proved so popular that it's now on the air daily.

Mamoun is willing to address any issue, explaining that there is "no shame in religion, so no shame to talk about whatever subject."

"Listeners who tune in to Beur FM have a lack of signposts, of theological references. And this is what we are trying to fill," Mamoun said.

In the wake of the January attacks, other French media also turned to the station for answers.

"The role of a kind of 'super expert' was accorded to us when the events happened," said Abdelkrim Branine, the station's editor-in-chief. "The majority do not understand much, they are looking for answers, which is a good thing. The problem is that we wait for a tragedy to happen." THE ASSOCIATED PRESS

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A sign in support of an anti-discrimination ordinance is displayed in a retail shop window in Eureka Springs, Ark. Voters in the city will decide on Tuesday whether to keep a measure that would prohibit the city and private businesses from discriminating against someone based on their sexual orientation and gender identity. DANNY JOHNSTON/THE ASSOCIATED PRESS

LGBT RIGHTS

Vote cast as fight for city's soul

Nestled in the hills of northwest Arkansas, Eureka Springs has long relished its dual personalities — known for its play depicting Jesus' final days and a 66-foot (20-metre) tall "Christ of the Ozarks" statue as well as its reputation as a gay-friendly tourist destination, bolstered by being the first city in the state to issue same-sex marriage licences.

That balance of identities will be tested Tuesday, when voters decide whether to repeal a recent local ordinance extending discrimination protections to the lesbian, gay, bisexual and transgender community that could set the stage for a broader legal fight over a new state law aimed at preventing Arkansas cities and counties from expanding discrimination protections. Opponents of the ordinance are casting the election as a fight for the soul of a city of roughly 2,000 people.

"The homosexual agenda has never been challenged with a public vote," said Philip Wilson, a pastor who's leading the opposition. "So it's basically a crapshoot ... The community is going to have the opportunity to make that choice."

If somebody tells us you can't do something, well, watch us.
James DeVito, Eureka Springs councilman, on the proposed anti-discrimination ordinance

The ordinance approved by Eureka Springs' city council in February prohibits the city and private businesses from discriminating against someone based on their sexual orientation or gender identity.

City officials gave it the green light in direct response to state lawmakers prohibiting cities and counties from barring discrimination on a basis not contained in state law, a measure that takes effect in late July. Already, Little Rock and Hot Springs have approved more scaled-back ordinances that only apply to city employees and vendors. Eureka Springs' move is the most direct challenge.

"We don't go by convention. If somebody tells us you can't do something, well, watch us," said James DeVito, the city councilman who introduced the ordinance. THE ASSOCIATED PRESS

PHILIPPINES

Thousands evacuate as typhoon hits

A powerful typhoon slammed the northeastern tip of the Philippines on Sunday, as 2,500 residents in two provinces huddled in shelters after evacuating coastal and mountainous villages.

Typhoon Noul, packing winds of 185 kilometres per hour and gusts up to 220 km/h, made landfall in Cagayan province's coastal town of Santa Ana late Sunday afternoon and was moving northwest at 17 km/h, the government's weather bureau said.

About 2,500 residents were evacuated to safer grounds in Cagayan and Isabela provinces. No casualties or damage were reported, said Norma Talosig, the civil defence regional director. "Hopefully it brings only rain because we need rain," she said.

Public works personnel were using chain saws to clear roads of fallen trees in Cagayan's Gonzaga town, DZMM radio reported.

Some towns in the province were without power.

THE ASSOCIATED PRESS

INDONESIA

Boats carrying over 500 migrants wash ashore

Boats carrying more than 500 members of Myanmar's long-persecuted Rohingya Muslim community washed ashore in western Indonesia on Sunday, with some people in need of medical attention, officials and a non-profit organization said.

Steve Hamilton, deputy chief of mission at the International Organization for Migration in Jakarta, Indonesia's capital, said his teams were racing to the Aceh province sub-district of Seunuddon, where the boats landed.

They warned that thousands more are believed to be stranded at sea.

Of the four boats found, three had apparently been abandoned by the smugglers and the other ran out of fuel, he said. THE ASSOCIATED PRESS

Two officers killed

MISSISSIPPI

Suspects in custody after policemen shot during stop

Two City of Hattiesburg police officers survey the site Sunday morning where an altercation began that left two Hattiesburg, Miss., police officers shot to death during a Saturday evening traffic stop. THE ASSOCIATED PRESS

Two Mississippi police officers were shot to death during an evening traffic stop turned violent, a state law enforcement spokesman said Sunday. Three suspects were in custody, including two who are charged with capital murder.

The deaths of the officers — the first to hit Hattiesburg in three decades — were felt far and wide in this small southern Mississippi city. Gov. Phil Bryant released a statement saying he was mourning the loss of the officers.

"This should remind us to thank all law enforcement for their unwavering service to protect and serve. May God keep them all in the hollow of his hand," Bryant said.

Warren Strain, a spokesman for the Mississippi Department of Public Safety, said Marvin Banks, 29, and Joanie Calloway, 22, were each charged with two counts of capital murder. Banks was also charged with one count of being a felon in possession of a firearm and with grand theft for fleeing in the police cruiser after the shooting, Strain said.

"He absconded with a Hattiesburg police cruiser. He didn't get very far, three or four blocks and then he ditched that vehicle," Strain said.

Banks' 26-year-old brother, Curtis Banks, was charged with two counts of accessory after the fact of capital murder.

The three Hattiesburg residents were arrested without incident at different locations overnight following the shooting, Strain said. They were expected to face initial court appearances Monday. The three were being held at undisclosed jails in the state and could not be reached for comment.

Lt. Jon Traxler, a Hattiesburg Police Department spokesman, identified the officers who died as Benjamin Deen, 34, and Liquori Tate, 25.

Local reports identified Deen as a past department Officer of the Year, and Tate was a newcomer to the force who Strain said was a 2014 graduate of the law enforcement academy.

Tate grew up in a tough part of Starkville, 240 kilometres north of Hattiesburg, and decided to become a police officer so he could make a difference in the black community, said Jarvis Thompson, who knew him from childhood in church.

THE ASSOCIATED PRESS

VATICAN RAUL CASTRO THANKS POPE FOR CUBAN-U.S. DETENTE Cuban President Raul Castro waves as Pope Francis, background, looks on, at the end of a private audience at the Vatican, Sunday. Castro paid a call on Francis to thank him for working for Cuban-U.S. detente — and said he was so impressed by the pontiff he is considering a return to the Catholic church's fold. FABIO FRUSTACI/ANSA VIA THE ASSOCIATED PRESS

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China cuts rates again to boost slowing economy

LENDING

Interest on deposits falls to 2.25%, loans down to 5.10%

China's central bank said Sunday that it is cutting interest rates for the third time in six months to boost the country's sluggish economy.

Citing "downward economic pressures," the People's Bank of China said it would cut the rate on a one-year loan by commercial banks by 0.25 percentage points to 5.10 per cent. The interest rate paid on a one-year deposit was lowered by 0.25 points to 2.25 per cent.

Rates were also cut on Nov. 22 and then again on March 1. The new rates take effect Monday.

The cuts follow reports that trade in April shrank more than expected and that factory employment was weak.

Beijing has introduced a string of tax reductions and other measures aimed at propping up growth.

The latest cuts are expected to reduce financial costs for state companies and are a signal to state-owned banks to boost lending.

The world's second-largest economy grew 7.4 per cent last year, the lowest growth in more than two decades. The economic slowdown is expected to persist.

THE ASSOCIATED PRESS

1.5%

China's inflation rate rose slightly to 1.5 per cent in April, up from the previous month's 1.4 per cent, according to official data released Saturday.

Chinese paramilitary policemen stand on duty outside the People's Bank of China in Beijing. China's central bank said Sunday that it is cutting interest rates for the third time in six months to boost the country's sluggish economy. THE ASSOCIATED PRESS FILE

GREEK ECONOMY

Germany warns of collapse

Germany's finance minister says his country will do everything it can to keep Greece in the eurozone under "justifiable conditions."

Eurozone finance ministers will meet on Monday amid slow-moving talks on a deal with Greece's creditors.

Finance Minister Wolfgang Schaeuble told Germany's Frankfurter Allgemeine Sonntagszeitung in an interview published Sunday he doesn't think "everything will be cleared up by then." He said the atmosphere has improved in talks, but there hasn't been much substantial movement.

Schaeuble said Chancellor Angela Merkel "knows that we must do everything to keep Greece in the eurozone under justifiable conditions. It must not fail because of us."

Schaeuble said he doesn't have a clear picture of Greece's finances. He added: "Experiences elsewhere in the world have shown that a country can suddenly slip into insolvency."

THE ASSOCIATED PRESS

SYRIAN REFUGEES

U.S. giving Jordan $25M in wheat

The United States is giving Jordan about $25 million US worth of wheat for resale, with the money to be used for improving agricultural productivity.

The U.S. agriculture secretary, Tom Vilsack, and Jordan's planning minister, Imad Fakhoury, signed the agreement involving 100,000 metric tonnes of wheat Sunday.

Vilsack said in a statement the food assistance is meant to help ease the economic burden Jordan faces as it hosts more than 600,000 Syrian civil-war refugees, out of nearly 4 million who fled to neighbouring countries in the past four years.

THE ASSOCIATED PRESS

U.S. SENATE DEBATE

Focus on Obama's trade agenda

As the Senate prepares to debate his trade agenda, U.S. President Barack Obama is sharpening his criticisms of a vocal opponent on the left.

The president said Sen. Elizabeth Warren is politically motivated in fighting his efforts to obtain "fast track" authority to negotiate trade agreements that Congress can accept or reject but not change.

Obama said Warren is wrong in criticizing an element of trade deals called investor-state dispute settlement, or ISDS, that allows foreign companies to sue national governments in special tribunals if the companies feel they were harmed by violations of free-trade agreements.

> **We treat our own companies the same way we treat somebody else's companies.**
> U.S. President Barack Obama

Warren and others say ISDS can let multinational corporations seek huge payments while sidestepping traditional courts.

Obama's comments may have been aimed at liberal activists who tend to see Warren as a crusader for the working class, and somewhat above politics. She entered the Senate at age 63 after years of battling for consumers and criticizing Wall Street abuses.

The Senate faces a key procedural vote Tuesday, and full debate on trade can't proceed unless 60 of the 100 members agree to it.

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metro VIEWS
Your essential daily news
Monday, May 11, 2015

#MYMETRO

Jenn Abrams, Vancouver

What are you up to?
I'm on my lunch break.

What's your job?
I'm distribution manager for the luxury travel website Kiwi Collection.

What's the best thing about Vancouver?
The best thing about the city is the great food from all over the world.

What are you reading or binge-watching right now?
I'm watching Game of Thrones and reading The Case for Make Believe (by Harvard child psychologist Susan Linn).

Follow us on Instagram @metronewsca and show us your #MyMetro pose with a copy of our newspaper. We'll re-post you and feature a reader pic from across Canada in this spot every Monday.

Bye-bye to my barbecue, Betty — and to my pride

EDMONTON, ETC.

Stephen Kimber

Betty, my trusty backyard barbecue — barbecues should have names — has officially become one more innocent victim of 2015, Halifax's Winter Without End. Edmontonians, you know what I'm talking about: Earlier this year you endured daytime highs barely over -20 C and vented on social media using your province's well-deserved nickname, #Albrrta.

Betty joins my car's front windshield (ice-cracked), front fender (ice-whacked) and underside (salt-slimed, rusting). But I digress ...

I only discovered Betty's demise after the winter's geologic layers of snow and ice had finally melted away from the back deck, revealing not only mountains of buried blue bags full of perfectly preserved cereal boxes and pop cans, but also one sadly expired barbecue.

Last fall, I'd intended to clean the grill, disconnect the tank and find some sheltered spot for Betty to weather the weather. I didn't. It wasn't the first winter I didn't. That may have been the problem.

At any rate, the snows came, and came, and came. The barbecue disappeared. Snow snuck inside, melted, froze, melted, corroded.

Unaware, I unwisely bought steaks so we could celebrate the return of something approximating spring.

But when I went to light the grill, I noticed the too-many holes, the rusted pipes — sure signs that lighting this might be a mistake.

Time to replace Betty.

I will confess I have an irrational fear of assembling barbecues. I cannot count the springtime hours of my middle age I wasted wondering where random Part XY went, or how come there were two ABs when the instructions only called for one, or why the instructions were not in any English I understood.

I have an irrational fear of assembling barbecues. Luckily, I have passed the life stage where I feel compelled to prove I can do it.

Luckily, I have finally passed the life stage where I feel compelled to prove I can do it myself. I can't.

So this time, when I told the clerk, "I'll take that one," adding, quickly, "assembled, please."

I'm glad I did. As I admired Barb, my gleaming new, fully put-together, stainless steel meat-maker, I smugly examined the assembly manual's "exploded diagram," full of its myriad parts and pieces. I reread the un-instructions:

"The top of the front brace (CG) can be identified by two clips located on the top left and right side of this part, as shown in B. WARNING: This part may have sharp edges. Wear protective gloves when assembling."

Not me. Not this time.

Happy spring!

Stephen Kimber is a professor of journalism at the University of King's College and an award-winning writer, editor and broadcaster.

ROSEMARY WESTWOOD

metroview

"Omar Khadr's inner life will remain a mystery to us."

Humble words. Trimmed beard. A dimple.

We've seen the redeemed Omar Khadr, looking nervous and happy, dressed in jeans that seem too big.

Now free, and free to speak, Khadr is attempting to write his story from his own vantage point, to show Canadians "I'm more than what they thought of me."

Canadians are enthralled. There was a wave of welcome-home tweets Thursday, when he was released on bail after spending 13 years in jail, 10 of them in Guantanamo Bay. People said they teared up as they watched him, articulate and soft-spoken in front of a scrum of reporters. Some called the scene "beautiful" and complimented his smile.

We are, it seems, charmed.

But despite the myth-making that will now begin in earnest, about a teen who ran with a terrorist crowd and became the poster boy for the treatment of child soldiers, we will never really know Khadr.

In conservative circles (and to our prime minister), Khadr is still nothing but a dangerous terrorist. For child-soldier activists, he is a victim, indoctrinated into al-Qaida at the age of 13 by his father.

Khadr has spoken of remorse for throwing a grenade that killed a U.S. army medic. He rejects extremist views, he said. He wants a normal life, an education. "I will prove to them I'm a good person," he said. "Give me a chance."

We seem willing. But no matter how he now shapes his future, the profiles, biographies or documentaries made, his inner life will remain a mystery to us — as with all public figures.

"Only Mr. Khadr can truly know if the changes he purports to have made in his religious belief system and world view are genuine," said a psychologist who interviewed Khadr, as reported by Maclean's.

An acquaintance of mine, watching the video of Khadr interviewed outside his lawyer's home in Edmonton, said that Khadr spoke with "the innocence of a child."

"It's like you can actually witness a veil of darkness lifting for him despite the past."

That is what the joy at Khadr's release is really about: not the man, but our own need to see justice done. Our own need to redeem ourselves, and our country, for not fighting to free him from Guantanamo Bay.

Our desire, too, to know that hope and humility can spring up in the most vile of places, and that people — even purported terrorists — can be redeemed.

"I'm excited to start my life," Khadr told the press. "There's nothing I can do about the past, but I hope that the future can, I can do something about the future."

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metro LIFE

Box office revenue down, but concession sales jump 2.6% to $5.18 per patron at Cineplex

Make like Game of Thrones' Cersei Lannister and grab a glass of mead. HANDOUT

The need for mead

GAME OF THRONES

Retro beverage back in vogue thanks to hit show

Brian Gasparek
For Metro | Life

Game of Thrones seems to be the gift that keeps on giving for its hipster-fan demographic. In addition to delivering some solid reading material, and one of the strongest shows on cable, the George R.R. Martin fantasy drama has also provided the cool kids with a thirst-quenching opportunity to indulge in something retro — really retro: Mead.

Just like their favourite medieval heroes and villains from Westeros, it appears that hip Thrones fans have taken to ironically consuming the show's boozy beverage of choice. Yep, that's about as vintage as you can get.

"It's great to see such excitement," said Michael Fairbrother, American Mead Makers Association president and founder of New Hampshire's Moonlight Meadery. "For the last few years, every time I would visit a different market and it was around the time of the new Game of Thrones episodes being released, the buyers would start telling me how many consumers would come in and mention they were going to have a Game of Thrones night with mead."

Mead in its simplest explanation is a beer-tasting alcohol made by fermenting honey and water together. Once viewed as the drink of deities, mead's origins can be traced all the way back to ancient Egypt, China, Greece and Rome. It was hugely popular in the Middle Ages, but died a fast death when sugar became the more popular sweetening alternative and beer and wine took centre stage as better-tasting party favourites. That is of course until Thrones made it trendy again.

"I tried mead when I was in the U.S.," said diehard Game of Thrones fan and mead dabbler Ben Cohen, who lives in Toronto. "It actually tastes pretty good. Just like honey, but not as sweet. I once tried to make it with some friends, too ... but that tasted like crap."

Sure, mead has been present in a variety of popular works over years such as Beowulf, Lord of the Rings, The Hobbit and Harry Potter, but its sales were always reliably static. Since Game of Thrones' debut on HBO in 2011, however, sales have skyrocketed, getting mead makers pretty darn pumped.

"We are calling it the 'renaissance of the Renaissance," said Cherie Andrews of Chinook Arch Meadery in Alberta. "The rise in popularity has been a welcome boost for those of us that have been producing it for many years."

The numbers don't lie. According to the Annual Mead Industry Report by the American Mead Makers Association, the retro booze has experienced a 128 per cent increase in production between 2012 and 2014, with its manufacturing rising to 144,000 gallons from 62,000 gallons. That's a lot of mead!

Not only that, the desire to make the stuff has skyrocketed, too. When Colorado's Mazer Cup (the largest international mead competition) started back in 2008, there were 200 home entries and 125 commercial entries. This year, the number has grown to 400 home entries and 350 commercial entries. Coincidence? I think not.

"I'm very excited," said Fairbrother. "With a youthful, hipster demographic, it means that finally the resurgence of mead is hitting mainstream, and will continue to grow."

Andrews agrees. "The exciting thing about engaging younger, hipper consumers with mead is multi-faceted," she said. "Not only is it a demographic that includes men and women equally but they really don't have preconceived ideas of what mead should be like. They just love it for what it is."

So as Canadians who want to join the hip retro trend of drinking like the Starks and Lannisters, where can we try the stuff? The answer should be as simple as your local liquor stores that carry flavoured mead options by small Canadian meaderies like Trafalgar Ales & Meads from Ontario and Tugwell Creek Honey Farm and Meadery in B.C.

As it turns out, Canada is actually home to more than 30 meaderies from coast-to-coast, way up from the four that existed in the mid-2000s.

So next time you're looking to kick back and sip on adult refreshments, perhaps try going the retro route like Cersei and Jaime, and crack open a mead. Warning: Too much mead may cause dragon sightings.

WHAT'S THE DIFFERENCE BETWEEN BEER AND MEAD ANYWAYS?

So here's the big question. Is mead a type of beer? Absolutely not.

Although mead may be carbonated and share beer's sweet, semi-sweet or dry taste qualities, the two are completely different.

Beer is boiled and brewed, with a concoction of malted barley, hops and various ingredients. Once it is cooled, yeast is tossed in to allow it to ferment. The majority of its fermentable sugar is derived from malt sugars boiled out of the barley.

Unlike beer, mead is not boiled or brewed.

The process of making it is similar to wine. It's created by mixing honey and water (with optional fruits, spices, grains or hops) and is then left alone to ferment. The majority of its fermentable sugar is derived from honey.

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Stop it with all the selfies

CRITICISM

Less mystique, more banality with frequent posting says Deneuve

Selfies and social media have been the death of film stars, iconic French actress Catherine Deneuve said in an interview published Sunday.

"There are no more stars in France," the 71-year-old bemoaned just days before her latest film La Tête Haute (Standing Tall) opens this year's Cannes Film Festival out of competition.

The doyenne of French cinema was speaking to the Journal du Dimanche newspaper about her glittering film career, which has made her one of her country's best-known actresses abroad.

Deneuve gave short shrift to a new generation of celebrities addicted to social media.

"A star is someone who must show themselves only a little and remain discreet. With the introduction of the digital age, there is an intrusion of everything, everywhere, all the time," she said.

"We see a tremendous amount of people who are very famous, with millions of followers, and who have done absolutely nothing."

Deneuve said she had a very "limited" relationship with technology.

"It's wonderful to be able to take photos (with your cellphone) but I detest selfies, photographing yourself all the time ... it makes everything banal," she told the newspaper.

"And this idea that we are looking at ourselves doing things, without actually experiencing them, is horrible."

In her latest movie Deneuve plays a children's magistrate working on the case of a troubled adolescent.

AFP

Catherine Deneuve GETTY IMAGES

RELATIONSHIPS

Vergara's baby talk

Sofia Vergara is set to tie the knot with Joe Manganiello — celebrating over the weekend with a lavish engagement party and everything — but that doesn't mean kids are in the cards. Or not in the cards. Or something.

"When you're with somebody that hasn't had kids, and you want to start a relationship, of course there's always that question," Vergara, already the mother of a 23-year-old son, tells Cosmo for Latinas magazine.

"And if it happens, it will be something that will make us very happy, but it's not a priority in our lives."

Hope that clears things up. Of course, she's previously insisted to Vanity Fair that she'll go along with baby-making plans if that's what her husband-to-be wants.

"My son, Manolo, is 23 years old, which is going to be really weird if I have another baby," she said earlier this year. "But you know, Joe wants babies, and if it's going to make him super-happy, then ..."

NED EHRBAR/METRO

IN BRIEF

Some hotels just aren't Posh enough

Victoria Beckham is striking back against a Page Six report that she is the "worst hotel guest ever," insisting she's totally reasonable, man. Among her demands? Insisting that every time she leave her hotel room the maids change the sheets, replace the towels and thoroughly clean the place. The report also claimed that when displeased with the level of service, she can complain long and loud enough for management to comp her entire stay, as reportedly happened two years ago at the Meadowood Napa Valley resort. Beckham's rep, though, calls the report "an utter lie," according to E! News. "Lawyers are looking into it."

NED EHRBAR/METRO

FILMING

James McAvoy losing his hair over X-Men

James McAvoy has already had two outings as X-Men founder Charles Xavier without having to rock the comic book character's signature bald head, but apparently he's put it off long enough.

Director Bryan Singer posted a photo to Instagram of the actor just after having his head completely shaved. The upcoming film, X-Men: Apocalypse, takes place in 1983, roughly 11 years after the events of X-Men: Days of Future Past, and it looks like that decade was particularly rough on Xavier's follicles, considering the last time we saw him he had long locks and a scruffy beard. But if you were told you were going to look like Patrick Stewart when you grew up, you'd probably be OK with losing your hair, too.

NED EHRBAR/METRO

James McAvoy. INSTAGRAM/BRYANSINGER

Quit bad job on high note

RESIGNATIONS

Take this job and show them you can leave like a true pro

OFFICE RELATIONS
Eleni Deacon

When leaving a job you dislike, it can be tempting to tell off your boss and book it for the beach that same afternoon. But while sudden, dramatic departures make potent material for late-afternoon daydreams, real-life resignations should be calculated and respectful. If it's time to quit, don't blow it.

Whether you're finally escaping a toxic environment or simply transitioning to up-the-ladder pastures, you need a solid exit plan. Walk into your boss' office unprepared, and you might stutter a slew of overshares. Instead, plot what you'll say and when you'll say it. Book a meeting with your superior for a convenient time of day — such as late morning or afternoon — and practise your talking points aloud in advance.

Keep your speech brief, transparent and appreciative. You don't need to share every detail about your next step — your new salary, for example, is none of your current employer's business — but you should be open about your plans. Although it may feel uncomfortable to tell your boss you've accepted a role with a competitor, it will seem even shadier when she sees your LinkedIn update in a few weeks.

If you have a strained relationship with your boss, the conversation might be tense. And if you love your present workplace, your resignation might be fraught with guilt and nerves. But stay calm and professional, and express your appreciation. No matter how messy your current situation, it provided a stepping stone for what's next.

If an exit interview is requested, provide honest but respectful feedback. Tactful criticisms could help your employer improve their ways; spill-your-soul tell-alls, while cathartic, will likely leave a bad taste. Focus on your personal reasons for moving on — a change of pace, a new perspective — rather than everything you think is wrong with your current place of work.

Pfft! Make your exit from that toxic job as professional as the interview that landed you in your amazing new gig. ISTOCK

Quitting isn't just one conversation: It's a process that doesn't end until you're wrapped up, packed up, and out the door on your final day. Give your employer fair warning of your departure (two weeks is standard, though they may request more), and establish clear expectations for your final weeks. This is not the time to trash-talk upper management or covertly watch YouTube all day. Instead, spend your last stint wrapping up outstanding deadlines and creating clear instructions for your replacement.

It isn't unlikely that you'll end up working with at least some of your current colleagues later in your career. Foster a smooth transition, and you'll leave with a glowing impression — not a ball of flames.

NETWORKING

Play your calling card right

Even though we live in an increasingly digital world, a business card is still critical to networking. Here's everything you need to know about making and using a professional calling card.

Keep it simple: Name, email, phone number and title or field of interest. Add social media links if they present you in a positive light.

DIY: Most online printers have premade templates you can choose from. For something more original, reach out to a designer.

Use them All. The. Time. It's a good rule of thumb to permanently keep a few business cards in each of your wallets or purses.

Know your etiquette

When someone hands you her business card, hand out yours in return. Jot down some notes on the card, so you remember why you were going to reach out. Don't forget to follow up! Reach out via email and let them know how nice it was to meet them. TALENT EGG/METRO U.S.

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The money quiz for couples

PARTNERSHIP

Check if your relationship is financially healthy

Gail Vaz-Oxlade
gailvazoxlade.com

People have all kinds of misconceptions about the rules around money and relationships. So here's a quick test to see what you may or may not know about couple's money.

Don't peek at the answers until you've chosen True or False for the following statements:

1. It only takes one person good with money in a relationship to make money management work.
2. Married partners have the right to speak for their better halves when it comes to medical treatment if their mates can't speak for themselves.
3. Getting a joint line of credit is a good way for you both to build your credit histories.
4. Once you're living together, splitting everything 50/50 is the way to go when it comes to managing the bills.
5. Talking things over and creating a plan means you're more likely to save.

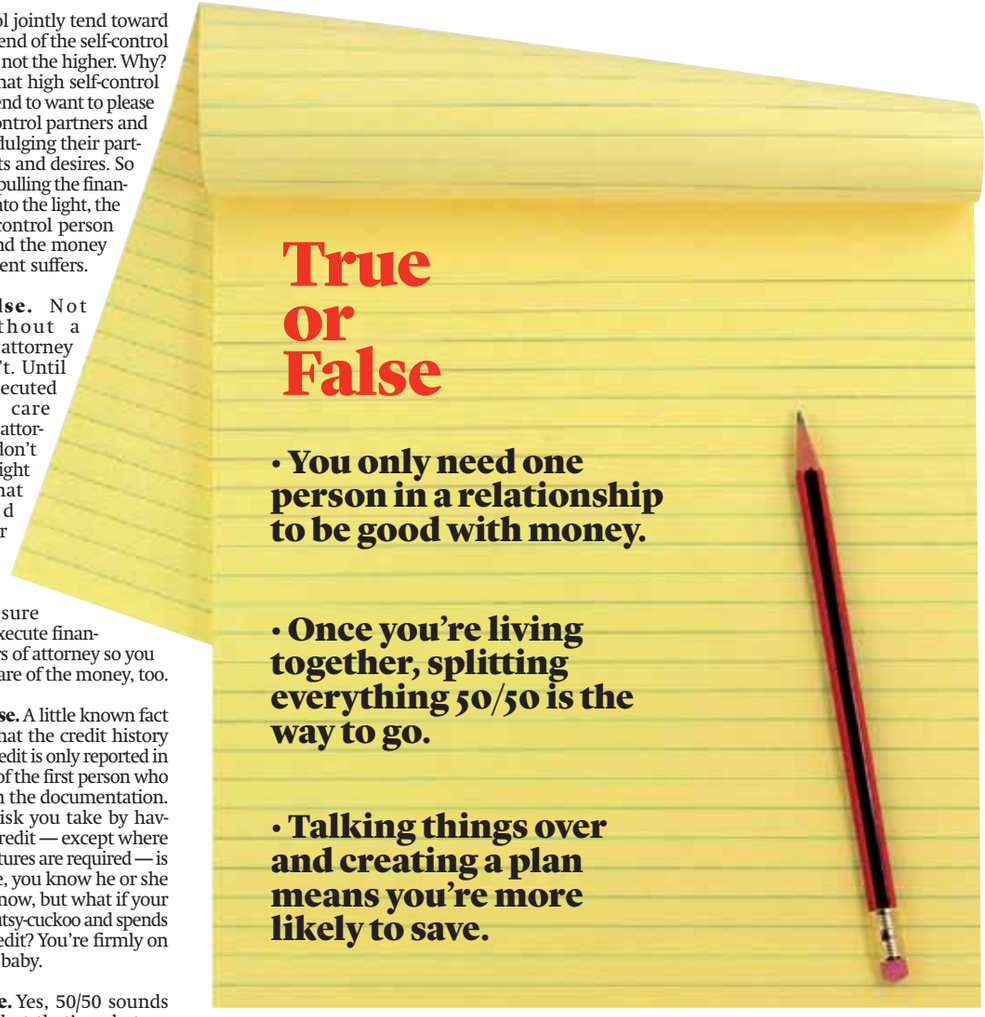
So, how on the money were you?

1 **False.** If only one person has high self-control, the couple is more likely to fail. According to researchers from Boston College and the University of Pittsburgh, couples of mixed self-control jointly tend toward the lower end of the self-control spectrum, not the higher. Why? It seems that high self-control partners tend to want to please low self-control partners and end up indulging their partner's wants and desires. So instead of pulling the financial idiot into the light, the high self-control person gives in and the money management suffers.

2 **False.** Not without a power of attorney they don't. Until you've executed personal care powers of attorney, you don't have any right to say what can and can't be for your mate. While you're at it, make sure you also execute financial powers of attorney so you can take care of the money, too.

3 **False.** A little known fact is that the credit history for joint credit is only reported in the name of the first person who is listed on the documentation. And the risk you take by having joint credit — except where both signatures are required — is huge. Sure, you know he or she loves you now, but what if your pal goes nutsy-cuckoo and spends all that credit? You're firmly on the hook, baby.

4 **False.** Yes, 50/50 sounds fair, but that's only true if you're both making a similar income. If one makes more, that person should pay more of the joint expenses so the other person isn't left feeling like a poor mouse. So split your joint expenses proportionate to income.



5 **True.** A 2013 HSBC survey reports that people saved 49 per cent more if they had a financial plan to save money. The results were not simply a matter of having more resources to start with, but of using them wisely.

Here are some more questions to think about if you feel like its time to take the next step:

Why are we doing this? People move in together for all kinds of reasons, some of which are really dumb, like, "This will be a good test of our relationship," or "I want to give him a break so he can pay off his bills." Or "We spend so much time together anyway, we might as well live together." This is a big deal so you should give the "why" some serious thought. If it's going to move you towards your goals as a couple, great. If it's because you love each other to bits and want to build a life together, terrific. If it seems like a lame reason, it probably is.

How will this work for us both financially? If one person keeps bringing home new furniture and the other ends up picking up the full rent tab, someone is going to be miserable, so have a plan for how you'll be co-existing financially when you cohabitate. Start with full disclosure: what do you each own, what do you each owe, how much do you make, and how will you use that money.

How well do our lifestyles match? One of you likes to pahtay, while the other would rather stay home and read a good book. One of you loves eating out while the other thinks saving for that vacation should be the priority. Have you talked about what you goals are? What's most important to you? If you don't naturally "match up" how will you bridge your differences?

What are your expectations? Believe that it's the man's job to pay for stuff? Bathroom cleaning is woman's work? Get on the same page in terms of what you expect from your 'buddy' before you turn them into a life partner.

How will we fight? How will you negotiate the things that may create conflict? Does one of you need cool-down time? What does that look like? While you're at it, make an agreement right from the start about what you'll do if the kaka hits the fan and you split. While you like each other is the perfect time to talk about how you'll treat each other when you aren't feeling quite so generous.

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AMVIC

Many opportunities for nurses in Canada

CAREER OPTIONS

Roles available in various specialties

Jason Menard
For Metro

People who are looking for a career in diverse workplace environments and schedules that fit their specific needs or desires may find nursing to be an ideal pathway to a long and rewarding career.

"With over 300,000 practitioners throughout Canada, we represent the largest group of health-care providers in the nation," said Anne Sutherland Boal, the chief executive officer of the Canadian Nurses Association (CNA).

"In nursing you have the privilege of working with people throughout all life experiences."

In many ways, only your interests and your desire limit you.

> **Essentially you can choose a field that best suits your interests based on age, specialty, geography.**
> Anne Sutherland Boal, the chief executive officer of the Canadian Nurses Association

"You can work through a whole host of specialties — oncology, children's health, surgical nursing, amongst others," Sutherland Boal said, adding that nurses play key roles in providing direct care, preventative care, and can also be found in research, teaching, and administrative fields.

Nurses also work in the private sector, but Sutherland Boal's organization is committed to the preservation and promotion of the public-care system.

In Canada, there are three main nursing professions: licensed practical nurses; registered nurses; and registered psychiatric nurses.

The CNA, formed in 1908, represents registered nurses, making it one of the oldest professional bodies in Canada. And, considering the importance and pervasiveness of nurses throughout the nation, it's easy to understand why.

"You can find nurses in every community and in every geography across Canada," Sutherland Boal said.

"You can find roles in hospitals, in communities, in long-term care centres, in First Nations, rural, and remote areas. And you can find full-time, part-time and casual work, evenings, nights, weekends.

And as Canada's population ages, the need for home care is even more pronounced, with people expecting to obtain medical treatment closer to home. Visit cna-aiic.ca.

Long-term care centres are an alternative workplace for nurses. SHUTTERSTOCK

HISTORY

Famous Canadian nurses
Here are just a few of Canada's notable nurses and key dates in Canadian nursing:

Jeanne Mance: The first lay nurse for New France, Mance founded the Hotel-Dieu Hospital in Montreal in 1645.

Georgina Fane Pope and Margaret Clothilde Macdonald: These nurses were the first women appointed as full-time military nurses in 1906. However, the first nursing sisters to serve officially in the Canadian military were found in the Northwest Rebellion of 1885, as volunteers who helped the wounded. Canadian nurses were also sent to support the efforts in South Africa during the Boer War.

Ishbel Maria Hamilton-Gordon, Marchioness of Aberdeen and Temair: Lady Aberdeen was the president of the National Council of Women and wife to then-governor general of Canada. In 1897, she founded the Victorian Order of Nurses.

Military nurse put her life on the line

Nurses have a calling and sometimes it calls them around the world to help patients in need.

Trauma nurse Dawn Henneberry joined the military and was sent to Afghanistan twice — in 2008 and 2010.

"You're working 24 hours a day, seven days a week. You don't worry about breaks or vacation — there isn't any. It's a whole different perspective," said Henneberry who left the military and now works at Dartmouth General Hospital in Nova Scotia.

There was also the constant anxiety over personal safety and wondering if she'd make it home.

"I had three days left and there was a rocket attack ... It was really close; it banged into a cement wall beside us and we're on the ground and I'm saying 'holy mackerel what am I doing here?'"

One massive trauma is stuck in Henneberry's memory. A soldier was brought in who had stepped on an IED and lost three limbs. Medical teams were doing CPR on him in the parking lot.

Paul Bell and Dawn Henneberry with a service dog in Afghanistan. CONTRIBUTED

"They put him on the stretcher and there was just sand, no blood or anything, just sand. I thought they were going to stop doing care, but they continued."

The soldier died. Henneberry said it hit hard because they lost this young man but hours earlier they saved a quadruple amputee that might have been a bad guy.

For Toronto nurse Tammy Calabrese it was always a career goal to travel overseas and help people. In 2007, she learned of a small volunteer organization called the Canada-Africa Community Health Alliance. In 2008, she travelled to the Kilema region of Tanzania to volunteer for two weeks.

"Each day we travelled to a different village and people would have lined up for hours to see someone," she said. "We'd assess their concerns, consult certain specialists there with us and treat what we could with the medical supplies and medications we brought with us."

She quickly realized she was seeing many of the same complaints she saw back home: high blood pressure and acid reflux are very common. Most of the work was health maintenance but there were some urgent cases, Calabrese said.

"One particular case I recall was when a pediatrician and a nurse saved the life of a newborn baby who was severally dehydrated. If we hadn't shown up on that day, in that village, he likely wouldn't have survived." JENNIFER TAPLIN/FOR METRO

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May 11th – 17th is National Nursing Week. Thank a nurse.

From emergency rooms and health centres to delivery rooms and retirement homes, nurses provide expert care and compassion for countless individuals every single day. Let's take the time to honour and celebrate them.

nurses.ab.ca

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Your essential daily news

Andy Murray beat Rafael Nadal on clay for the first time to win the Madrid Open

Rangers thrive on danger

NHL PLAYOFFS

Nail-biters nothing new for New Yorkers

Once merely 101 seconds from having their season end, then forced to hold off a furious Game 6 rally, Chris Kreider and the New York Rangers are now one victory away from returning to the Eastern Conference finals.

GAME 6 In Washington

NEW YORK RANGERS	WASHINGTON
4	3

Kreider scored 40 seconds after the opening faceoff and with 0.3 seconds left in the first period Sunday night, Rick Nash and Dan Boyle added goals in the third, and the Rangers barely held on to beat the Washington Capitals 4-3 and force a Game 7 in the second round.

New York led 2-0, then 4-1 with less than 12-1/2 minutes left in regulation. But Washington's Evgeny Kuznetsov and Joel Ward put the puck past Henrik Lundqvist less than three minutes apart to make it a one-goal game with nearly half a period to go.

New York Rangers goalie Henrik Lundqvist blocks a shot by the Capitals' Troy Brouwer during Game 6 of their second-round series on Sunday night in Washington. ROB CARR/GETTY IMAGES

That prompted the Rangers to call timeout and brought much of the red-clad fans to their feet, screaming "Let's go, Caps!" and then mockingly singing Lundqvist's last name.

But the Swedish goalie was solid the rest of the way, stopping Washington's last four shots — including Alex Ovechkin on a 1-on-1 — and surviving a late Capitals power play to finish with 42 saves. That's a career high for Lundqvist in a playoff game that didn't go to overtime.

The teams will wrap things up Wednesday night at Madison Square Garden.

The winner of Game 7 will face the Tampa Bay Lightning or the Montreal Canadiens next. Tampa Bay leads that conference semifinal series 3-2.

This was the 13th consecutive playoff game involving the Rangers decided by one goal — all 11 this post-season, and two last year — the longest streak in the history of the Stanley Cup playoffs.

THE ASSOCIATED PRESS

NBA PLAYOFFS

LeBron beats Bulls at buzzer

LeBron James watched his coach draw up the final play — and then drew one up of his own.

"Give me the ball and get out of the way," he said.

James overruled Cleveland coach David Blatt's idea for a last-second inbounds play and drained a jumper from the corner at the buzzer to give the Cavaliers an 86-84 victory over the Chicago Bulls on Sunday, tying the Eastern Conference semifinal series at 2-2.

GAME 4 In Chicago

CAVALIERS	BULLS
86	84

During a stoppage the Cavs only got because the officials were reviewing a play, Blatt designed a play that had James taking the ball out. The four-time NBA MVP has been in enough pressure situations that he vetoed his coach.

"I was supposed to take the ball out," James said. "I told Coach there was no way I'm taking the ball out unless I could shoot it over the backboard and go in. So I told him, 'Have somebody else take the ball out.' The play that was drawn up, I scratched it. I just told Coach, 'Just give me the ball. We're either going to go into overtime or I'm going to win it for us.'"

Game 5 of the best-of-seven series that's had about everything is Tuesday night in Cleveland. THE ASSOCIATED PRESS

LeBron James is mobbed by teammates after scoring Sunday's winning basket.
THE ASSOCIATED PRESS

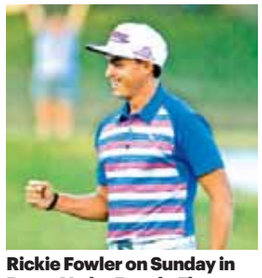
PGA

Fowler wins Players following a playoff

Criticized this week by his peers as an underachiever, Rickie Fowler answered with the greatest finish in the 34-year history of The Players Championship. He rallied from a five-shot deficit on the back nine by playing the final six holes in 6-under par. He made birdie from inside six feet three times Sunday on the island-green 17th.

The last one made him a sudden-death playoff winner over Kevin Kisner.

THE ASSOCIATED PRESS



Rickie Fowler on Sunday in Ponte Vedra Beach, Fla.
SAM GREENWOOD/GETTY IMAGES

IN BRIEF

Red Sox double up Blue Jays to avoid sweep

Mike Napoli and Pablo Sandoval homered as the Boston Red Sox defeated Toronto 6-3 on Sunday afternoon at Rogers Centre to end the Blue Jays' three-game winning streak.

Napoli hit a three-run shot in Boston's four-run first inning and Sandoval added a two-run blast in the fifth off Blue Jays starter R.A. Dickey.

It was Boston's second win in nine games.

THE CANADIAN PRESS

HOCKEY

Canadian grinders find holes in Swiss

When coach Todd McLellan challenged Canada to play better at even strength, Sean Couturier and the fourth line answered the call.

Couturier had a goal and two assists as Canada remained undefeated at the world hockey championship with a 7-2 rout of Switzerland on Sunday.

Couturier and linemates Cody Eakin and Tyler Toffoli were a problem for the Swiss all game, causing turnovers and getting to loose pucks to create three even-strength goals.

Sunday's win comes a day after Canada struggled to a 4-3 victory over France. McLellan suggested after the game that Canada could improve its 5-on-5 play. THE CANADIAN PRESS

TOP SEED

Canada (6-0-0) clinched first place in Group A with the win.

RECIPE Roasted Brussel Sprout Salad with Apricots and Toasted Almonds

EAT LIGHT AT HOME

Rose Reisman
rosereisman.com
@rosereisman

Great summer salad. Feel free to add grilled chicken, steak or fish to make a complete meal.

Ready in
Prep time: 10 minutes
Cook time: 15 minutes
Serving size: 6

Ingredients
- 1½ lb trimmed Brussel sprouts, cut into quarters

Dressing
- 2 Tbsp olive oil
- 3 Tbsp orange juice
- 2 tsp Dijon mustard
- 1 tsp grated orange rind
- ½ tsp minced garlic
- Salt and pepper
- 10 dried apricots sliced thinly
- 1/3 cup toasted sliced almonds

Directions

1. Preheat oven to 425 F. Place quartered sprouts on baking sheet sprayed with vegetable oil. Roast for 15 minutes or just until tender and browned.

2. To make the dressing: combine oil, juice, mustard, rind, garlic, salt and pepper.

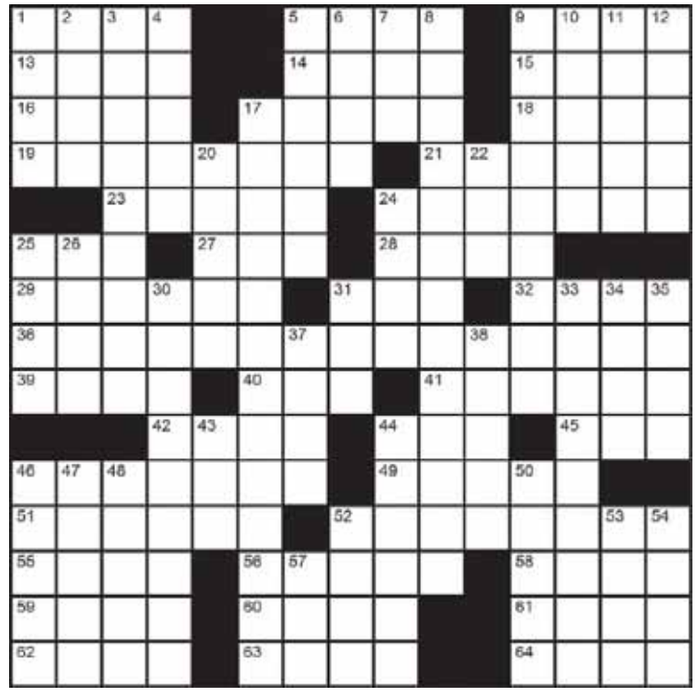
3. Place Brussel sprouts in serving dish, add sauce and apricots and garnish with toasted almonds.

Nutrition per serving
- Calories 169
- Protein 5.8g
- Carbohydrates 20.8g
- Fibre 6.6g
- Total fat 8.2g

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Fido-created effects
5. "Begone, bug!"
9. Music key: letter + abbr.
13. Telegram
14. Pope name
15. Costa __
16. International oil gr.
17. __ acid
18. __ medio (Year and a half, in Spanish)
19. Round Table member
21. Bluegrass performer Ms. Krauss
23. :
24. __ Cut (Style of #3-Down by McCain)
25. "Yuck."
27. Hosp. areas
28. Give _ __ (Display friendly doggie behaviour)
29. Fine-tune
31. Before
32. Morns followers
36. Like a whale coming into the world via a pool rather than an ocean: 3 wds.
39. Singer Mr. Stone's
40. Former kitten
41. Ireland-set 2002 Pierce Brosnan movie
42. Particular
44. Mr. Levin
45. Real estate database, commonly
46. Saskatchewan village; or, Grant of "Eight Is Enough"
49. Cable news channel
51. Q. "What Sarah McLachlan song starts 'Spend all your time waiting...'?" A. "'_', _ believe."
52. Navy ships formation
55. Prefix to 'metric' (Type of pressure)
56. WWII-era positioning system, commonly
58. Actress Jessica
59. Stead
60. Plunder
61. Sports org.
62. Once, poetically
63. Carlisle Cullen's wife in 'Twilight' movies
64. Those, in Spanish

DOWN
1. No-show stat.
2. Actress/host Kelly
3. New Brunswick town at #17-Down = '__ __ Capital of the World'
4. Fresco-__ (Painting technique)
5. Cereal utensils
6. To the __ (Fully)
7. Yes: French
8. Legendary Montreal-born jazz pianist/composer: 2 wds.
9. Instant insight/inspiration
10. Belarus' capital
11. Keep _ __ head (Remain calm)
12. Toronto-born actress Ms. Eastwood
17. __-Bristol (Global headquarters of McCain Foods Canada)
20. 1985 movie (co-starring John Malkovich) for Canadian actress Kate Nelligan
22. __ Fail (Irish coronation stone)
24. Fish type
25. City: Latin
26. Earth sci.
30. Bryan Adams song: 2 wds.
31. Butter portion
33. Silver screen scenes snippets: 2 wds.
34. Texter's sign-off, e.g.
35. Equivalent words [abbr.]
37. Arrived
38. "_ __ to suck your blood!" ...exclaimed the vampire
43. __ Aviv, Israel
44. Tardy one's self-observation: 2 wds.
46. Movie star Clark
47. Where an elated person dances: 2 wds.
48. Monsters
50. Church book
52. Gift tag word
53. Toy building block
54. Unfortunately
57. Sharon's hubby/Jack's dad ...his initials-sharers

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Do something today that takes the object of your affection by surprise. Think of the most romantic thing you could do, then do it and watch their passion ignite. And plan a trip away together for later in the week or next weekend.

Taurus April 21 - May 21
Mars leaves your birth sign tomorrow, so if there is anything that needs finishing you should knuckle down and get on with it now. Your efforts will not go unrecognized or unrewarded — the powers that be have been watching.

Gemini May 22 - June 21
You don't like to be suspicious but if someone offers you something for nothing today it will pay you to find out if they are up to something.

Cancer June 22 - July 23
If you do a good deed or make some kind of sacrifice for a friend or relative over the next 24 hours you are sure to receive a reward or compensation.

Leo July 24 - Aug. 23
You have been trying too hard to win friends and influence people and when you try too hard at anything it tends to have the opposite effect to what you desire. However, don't take that to mean you should not try at all.

Virgo Aug. 24 - Sept. 23
There is something you want to do but your instincts tell you it won't go down well with certain people. That's settled then: You are going to do it! You are in one of those moods when you enjoy causing a bit of chaos.

Libra Sept. 24 - Oct. 23
You may be tempted to own up to some kind of indiscretion, simply to get rid of the guilt feelings you have been carrying round, but is that such a good idea?

Scorpio Oct. 24 - Nov. 22
It's unlikely that you will be in a sociable mood today but that's okay because you have important things to think about and you will only do them justice if you cut yourself off from the world.

Sagittarius Nov. 23 - Dec. 21
You may not be your usual extrovert self today but even a Sagittarius needs to take things easy once in a while and according to the planets this is a great time to switch off and not worry too much about the world around you.

Capricorn Dec. 22 - Jan. 20
Something you do – or don't do – will shock those who see you as the one person who can always be depended on, but maybe that's the idea.

Aquarius Jan. 21 - Feb. 19
This is an excellent time for partnerships and affairs of the heart. Let those who mean something to you know how much you respect and care for them.

Pisces Feb. 20 - March 20
Others may not agree with what you intend to do today but that won't worry you in the slightest. Too often lately you have allowed others to control your behavior because you did not want to rock the boat. Now give it a really good shake!

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	1	4			5	8	2	7
3			4		8			6
7			2					5
6			7					1
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